

Kindergarten

Movement Skills and Movement Knowledge

Standard 1 The student will be competent in many movement activities.

Students in **kindergarten** who meet this standard will be able to:

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting, or stretching.
- Know and demonstrate what personal space is and understand its importance.
- Strike a stationary ball with any part of the body.
- Walk and run using proper form.
- Roll with control, without hesitating or stopping.
- Toss a ball to self and catch it before it bounces twice.

The following are assignments and tasks that might be used to meet the standard:

- Students will use a variety of locomotor movements that include walk, run, jump, gallop, slide, and hop to travel safely through space. Activities which incorporate these skills may include “follow the leader” or “tag.”
- Students will do exploratory activities, including toss and catch, strike, and kick, in their own space.
- Students will perform balance skills that might include “animal walks,” “Simon says,” and creative movement set to music.

Standard 2 The student will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills.

Students in **kindergarten** who meet this standard will be able to:

- Identify various parts of the body and their location; for example, arms, legs, and hands.
- Identify fundamental movement patterns.
- Identify and begin to use the technique employed to soften the landing in jumping.

The following is a task that might be used to meet the standard:

- Students will explain and demonstrate the skills they will use to complete an obstacle course that requires several different kinds of movements.

Standard 3 The student will achieve and maintain a health-enhancing level of physical fitness.

Students in **kindergarten** who meet this standard will be able to:

- Recognize that exercise is good for one's health.
- Sustain moderate to vigorous physical activity.
- Identify nutritious foods.

The following is a task that might be used to meet the standard:

- Students will participate in a variety of activities that require varying degrees of physical exertion. Students' choices are observed and periodically recorded by the teacher, aides, or upper-grade peer tutors. Students will select activities that are vigorous in nature and will participate at a level sufficient to increase breathing and heart rate.

Self-image and Personal Development

Standard 4 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.

Students in **kindergarten** who meet this standard will be able to:

- Participate regularly in vigorous physical activity.
- Try new movement activities and skills.
- Identify feelings that result from participation in physical activities.

The following is a task that might be used to meet the standard:

- Students will participate in a wide variety of traditional, nontraditional, and creative movement experiences. Students will try unique equipment and innovative challenges which will expand their experiences. Students will express their feelings regarding these new activities in various ways; for example, art, discussion, role-playing.

Standard 5 The student will demonstrate responsible personal behavior while participating in movement activities.

Students in **kindergarten** who meet this standard will be able to:

- Follow adult-delivered rules.
- Respond to rule infractions when reminded.
- Handle and care for equipment safely and appropriately.

The following is an assignment that might be used to meet the standard:

- Students are observed following rules and procedures during a class period. Students will comply with the rules or procedures established in class and, if a rule is broken, will comply after being reminded.

Social Development

Standard 6 **The student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others.**

Students in **kindergarten** who meet this standard will be able to:

- Participate in activities without interfering with others.
- Take turns using a piece of equipment with teacher prompting.
- Transfer rules of physical education to rules of the playground.
- Interact with playmates without regard to personal differences (e.g., race, gender, disability).

The following are assignments and tasks that might be used to meet the standard:

- Students will discuss what sharing looks like and why it is important.
- Students will demonstrate one way in which they can share space and equipment with others. The teacher provides guidance for this activity by initiating it with such suggestions or questions as the following: “Show me how you two can share the ball.” “Today, we take turns.” “Today, we have three balls. How are we going to use them?”

Standard 7 **The student will understand the interrelationship between history and culture and games, sports, play, and dance.**

Students in **kindergarten** who meet this standard will be able to:

- Describe what is done in physical education.
- Identify games they have played with family and with friends.
- Describe time and location for physical activity.
- Move creatively to culturally diverse music.

The following is a task that might be used to meet the standard:

- Students will share a game, dance, or activity in which they have participated with family, relatives, or friends.